

22. The method of claim 21, wherein said human suffers from insomnia.

23. The method of claim 21, wherein said human suffers from vigilance in middle of sleep.

24. The method of claim 21, wherein said human suffers from vigilance in early morning.

*Cl*  
*Conced* 25. The method of claim 21, wherein said human suffers from disturbance of restful sleep.

26. The method of claim 21, wherein said composition is administered to said human on a daily basis.

27. The method of claim 21, wherein said theanine is administered in the form of a composition comprising sugar, L-theanine, flavor and tartaric acid.

28. The method of claim 21, wherein the theanine is administered at a dose of 0.2 to 200 mg/kg weight.--

---